

# HOWNICKAN

PEOPLE OF THE FIRE

Vol. 21, No. 8

Citizen Potawatomi Nation

August 1999



**Bird's Eye View** First National Bank & Trust Company, one of the Citizen Potawatomi Nation's leading enterprises, played host to community leaders recently at a "Business After Hours" event sponsored by The Greater Shawnee Area Chamber of Commerce. This photo from the bank's mezzanine shows bank employees entertaining the visitors.

## Nation to build wellness center

When the Indian Health Service was established in 1955, the infant mortality rate was extraordinary, life expectancy was extremely low, and the major health threats were diarrhea and tuberculosis. These illnesses are now rare, thanks to safe water sources, immunizations, and drugs.

The modern day medical crisis facing Indian Country relates more to high-risk behaviors. Smoking-related illnesses, including heart disease, cancer and stroke, make up a large portion of the medical caseload in Indian Country. Today, medical care in Indian Country is just as much about prevention and wellness as it is about caring for the sick. — *American Indian Report*.

(Shawnee, OK) — The Citizen Potawatomi Nation has announced that it will receive a U.S. Department of Housing and Urban Development grant for \$750,000. The money will pay for construction of a Wellness Center, to be located adjacent to the Nation's health

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## Texas native newest physician at CPN clinic

"The most interesting thing about being here is the relationships formed with patients. I've never encountered a population of patients who are more appreciative, more delightful to work with."

That is Dr. Stephen Cobb's assessment of his initial one-and-one-half years as Medical Director for the Citizen Potawatomi Nation Clinic. And, it is what Kenneth Smith, M.D. can anticipate as he begins work as the clinic's second staff physician.

The CPN Clinic welcomes to its staff

a young, enthusiastic, accomplished physician in Dr. Smith. Born in Whitewright, Texas, Smith was raised in Sherman, Texas and graduated with honors from Baylor University with a degree in Biology.

Dr. Smith then earned his M.D. from Baylor College of Medicine in Houston, where he was elected to AOA, a national honor society that distinguishes a small percentage of the best students in each medical school class. Upon graduation, Dr. Smith completed a residency then a fellowship in academic medicine at the McLennan County Medical Education and

Research Foundation in Waco, Texas.

In 1992, Dr. Smith moved to the Oklahoma City area, accepting an appointment as Clinical Instructor in the Department of Family Medicine at the University of Oklahoma Health Sciences Center. In addition to seeing patients and teaching family medicine residents, Dr. Smith developed and ran a course at the College of Medicine titled "Principles of Clinical Medicine." For the past six years, he was responsible for teaching a first-year (of residency) course titled "Principles of Clinical Medicine."

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# TRIBAL TRACTS

## Walking on

### John Austin McDonagh

John Austin McDonagh, a 28-year Sonoma County resident and Madrone Audubon tour guide, died January 28, 1999 in Sonoma convalescent hospital. McDonagh, 74, died of complications related to a stroke that he suffered three years ago.

His father was John Alexander McDonagh born May 1, 1877 in Brooklyn, New York and died in Los Angeles, California in 1953. His mother, Margaret McDonagh Esrey, was born in St. Mary's, Kansas, August 29, 1894 to Emma Josephine Bertrand and Austin Brown Mulvane. Margaret died in Santa Rosa, California, March 5, 1981. Her mother was Emma Josephine Bertrand Mulvane, born in St. Mary's, Kansas January 3, 1873 and died in Amboy, California, May 15, 1907.

Emma Josephine's father, Benjamin J. Bertrand, was the son of Benjamin Henri Bertrand, whose ancestry was French, Canadian, and Indian. He helped lay out the town of St. Mary's, Kansas after the Treaty was signed in 1868 and the charter was granted in 1869. He married Marguerita Fabing, mother of Emma J. Bertrand and grandmother of Margaret Mulvane McDonagh Esrey on May 22, 1869. Benjamin Henri Bertrand died April 25, 1888 and is buried in Mt. Calvary Cemetery, St. Mary's, Kansas. The burial plot contains his two wives, Clara Whitaker, who died June 21, 1866 and his second wife Marguerite Fabing, who died November 7, 1875. There is one large burial stone for all three graves.

Born in Santa Monica, California, McDonagh moved to Santa Rosa in 1970 after serving in the Army Air Corps as a B-17 pilot in World War II and eventually retiring from the Air Force as a Colonel. Initially working in real estate, he went on to study at Santa Rosa Junior College and Sonoma State University, receiving a bachelor's degree in anthropology. For many years, McDonagh and his wife Virginia, who were high school sweethearts, volunteered and led Madrone Audubon field trips, journeying to Bodega Bay, Spring Lake and Sugar Loaf State parks, Central Valley wildlife refuges and as far as North Dakota and Alabama.

"I think he will be remembered as a charming and friendly person who was very knowledgeable about birds and very dedicated to the Audubon Society and its goals of educating the public and preserving natural resources," said Betty Burrige, longtime friend and Audubon volunteer. "There are a lot of birders in Sonoma County that got started because of John."

McDonagh belonged to The Retired Officers Association, SIRS (Seniors In Retirement) and Disabled American Veterans. In addition to his wife, McDonagh is survived by his sisters, Margaret Allen and Rita McDonagh of Jacksonville, Oregon and Mary Eastman of Weed; his daughter, Kathleen McDonagh; his son, John S. McDonagh; and two grandsons.

### Jane Ellen (Phillips) Rutherford

Shawnee resident Jane Ellen (Phillips) Rutherford died Thursday, Sept. 2, 1999, at her home. She was 61.

She was born March 14, 1938, in McAlester to John W. and Reba Lyons Phillips. She married J.B. Rutherford July 19, 1988, in Las Vegas, Nevada. Her family moved to Meeker when she was in the fourth grade. Mrs. Rutherford attended Meeker Schools, graduating in 1956. She worked for the Shawnee Credit Bureau from 1957, retiring as manager in 1991. She was a tribal member of the Citizen Potawatomi Nation and contributed genealogical research on her ancestors, finding distant relatives in many states. She was a descendent of E.R. Kennedy and Susan One-Doggie. She was a longtime resident of Meeker and Shawnee. Survivors include her husband, J.B.



**John McDonagh**  
Mr. McDonagh  
Donated Several  
Bertrand Family Oil  
Paintings To The  
Tribal Archives

Rutherford, of the home; aunt, Ruth Horn, Shawnee; cousins, Joyce, Sammy, Bobby and Janet Slade, Roanoke Rapids, N.C., Linda Slade, Tallahassee, Fla., and Brenda Bowden, Escondido, California; stepson and stepdaughter-in-law, Robert and Paula Rutherford, Choctaw; stepdaughter and stepson-in-law, Leslie and Steve Palmer, Shawnee; and stepgrandchildren, Chelsea and Ryan Rutherford, Choctaw, and Hallie and Courtney Palmer, Shawnee. She was preceded in death by her parents.

Services were held at 10 a.m. Saturday, Sept. 4, 1999, at Roesch-Walker Funeral Chapel with Bill Matthews and Phil Thompson officiating. Burial was at Fairview Cemetery.

### Roy E. Gregson

Funeral services for Roy E. Gregson were held Friday, August 13, 1999, at Resthaven Cemetery.

Mr. Gregson was born March 14, 1910 at Trousdale, Oklahoma, to George A. and Cora Livvix Gregson. He passed away August 11, 1999, at a local nursing home at the age of 89 years.

Roy was preceded in death by his wife, his parents, one grandson, four brothers and four sisters. He is survived by two sons, Roy E. Gregson, Jr. and wife June of Tulsa, Robert K. Gregson of Asher, one daughter, Mia Jane Guthrie of Beaverton, Oregon, 4 grandchildren, 4 great-grandchildren, one brother, Glen Gregson and wife Eloise of Denison, Texas, two sisters, Eleanor Fincher of Chandler, Arizona, Norma Jean Catlege and husband Wyman of Talihina, Oklahoma, and a friend, Edna Bugg of Shawnee, Oklahoma.

Roy was a member of the Citizen Potawatomi Nation and proud of his heritage. He was a veteran of World War II. Memorials may be made to the American Cancer Society or Oklahoma Dialysis Association.

### Michael Wesley Watson

Citizen Potawatomi Nation tribal member Michael Wesley Watson of Phoenix, Arizona walked on on July 27, 1999. He was 45 years old. The second child of Potawatomi tribal member Shirley Jean Jones, Michael Watson was born in Sapulpa, Oklahoma on February 21, 1954.

Mike was struck by lightning while riding his dirt bike north of Phoenix — taken in a flash by God while doing something he loved. He is survived by his older brother Larry of Los Angeles and his mother Shirley Jean Jones, daughter Michelle, and son Scott, all of Phoenix.

Michael's loving generosity, his boundless energy, laughter, and bright smile will be sorely missed by all who knew him.

### Johnie Squire Holean

Johnie Squire Holean, born December 30, 1921 to Henry Arthur and Josette Irene Stephens Holean, entered the gates of heaven early in the morning of Wednesday, August 4, 1999.

day, August 4, 1999.

Johnie is survived by his wife of 19 years, Billie LaVern Roberts Holean; his daughters, Cheryl Ann Holean Stice of Tulsa; his son, Stephen Clark Holean of Independence, Mo. and step-daughters and their husbands, Kim and Jerry Reed of Sand Springs, Dana and Rick Christie of Sapulpa and Dee and J.B. Schreur of Louisville, Kentucky. He is also survived by his brothers and their wives, Joe Arthur and Ione Sanders Holean of Denver, Colorado and Marvin Lee and Forest Holean of Port Isabel, Texas.

Johnie's inheritance includes granddaughters, Amy Leigh and Elizabeth Dawn Stice, Heather Diane Robison Wolfe, Kortney Holean, Vanessa and Brooke Brandon and Jessica Reed; grandsons, Brandon Lee Robison and his wife, Amy Jo, and Jacob Raymond Schreur. Great-grandchildren include Cynthia, Ashley and Stormy Shepard and Blake Lee Robison. Several nieces and nephews, other family members and friends will also miss Johnie. He was preceded in death by his father, mother, a daughter, Jana Lee Holean Robison, and a brother, William Henry Holean.

Johnie attended junior college before joining the U.S. Navy on August 8, 1942. He received the Purple Heart medal and attained lieutenant status. He continued serving in the Reserves while attending Oklahoma A&M College in Stillwater. He attended White City Baptist Church, serving as a deacon, Sunday School teacher and choir member. Later Johnie joined and was an active member at Will Rogers Methodist Church. Johnie began employment with Public Service Co. in February 1949 and retired from there after 37 years.

Johnie loved to fish, owned and piloted his own airplane and, in his later years, loved to play golf with his brothers at their retirement haven in Port Isabel. One of Johnie's proudest accomplishments was his extensive research in family history and his involvement with the establishment of the Sunrise Cemetery Association, for which he served as president for several years. Johnie was also proud of his Potawatomi Indian heritage and enjoyed attending the pow wows in Shawnee.

Johnie was loved by his family admired by his peers, respected by his co-workers and will forever remain in our hearts as being a Christian man of honor, integrity and strength. He fought the good fight; he finished his course; and he kept his faith. The battle's over.... another soldier's coming home!

Services for Johnie were held at Will Rogers Methodist Church, Sunday, August 8, 1999, at 2:30 p.m. Interment was held at Sunrise Cemetery in Kellyville, under the direction of the Smith Funeral Home. Johnie's request was for contributions to be made to Sunrise Cemetery Association in Kellyville, Will Rogers Methodist Church Serenity Fund and St. Francis' Hospice.

## HOWNIKAN PEOPLE OF THE FIRE

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All correspondence should be directed to HowNiKan, 1601 Gordon Cooper Drive, Shawnee, Ok. 74801. Address changes should be sent to Potawatomi Tribal Rolls, 1601 Gordon Cooper Drive, Shawnee, OK 74801.

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# TRIBAL TRACTS

## FALL TRIBAL SCHOLARSHIP RECIPIENTS

The following students were awarded Tribal Scholarships for the Fall Semester:

|                        |   |                        |                                      |
|------------------------|---|------------------------|--------------------------------------|
| Terrance M. Bolt II    | Northern Oklahoma College                     | Brenda C. Spear        | SE Oklahoma State University         |
| Rosa C. Garcia         | Seminole State College                        | Catherine L. Fiedler   | Hesston College                      |
| Valerie A. Whidden     | Texas A&M University Kingsville               | Amanda G. Warnego      | Northern Oklahoma College            |
| Christine K. Thomas    | Oklahoma City Community College               | Patricia J. Dawson     | University of Colorado               |
| Jay Lene Brollier      | Longview Community College                    | Sharon S. Tate         | Oklahoma Baptist University          |
| Nancy L. McClendon     | Connors State College                         | Sherri L. Courchene    | University of Central Oklahoma       |
| Susan J. Nadeau        | Merritt College                               | Paul A. Schmidkofer    | St. Gregory's ACE Program            |
| Misty S. Bates         | Southeastern Oklahoma State University        | Richard K. Swisher     | Kansas City KS AVTS                  |
| Douglas S. Brinson     | East Central University                       | Judy L. Robinson       | Nova Southeastern University         |
| Scherry L. Bourassa    | OSU-Okmulgee                                  | Stacey M. Pecore       | Seminole State College               |
| Connie L. Kay          | East Central University                       | Jason N. Smalley       | University of Central Oklahoma       |
| Carrie L. Malone       | East Central University                       | Amy M. Upton           | University of Oklahoma               |
| Czarina A. Thompson    | University of Oklahoma                        | John W. Williams       | University of Oklahoma               |
| Regina Gay Alley       | Gordon Cooper Vo-Tech                         | Andreana T. Smith      | Oklahoma City Community College      |
| Terry A. Lane          | University of Oklahoma                        | Jayne R. Shelton       | Oklahoma State University            |
| Leann A. Miller        | Gordon Cooper Vo-Tech                         | Chad W. Jordan         | Johnson County Community College     |
| Louise A. Deadwiley    | Gordon Cooper Vo-Tech                         | Joshua P. Deadwiley    | St. Gregory's University             |
| Joanna G. Howard       | University of Oklahoma                        | Ricky D. Hancock       | Rogers State University              |
| Dylan T. Springer      | Oral Roberts University                       | Kari J. Hale           | Oklahoma State University            |
| Michelle L. Schwerdt   | Saint Mary College of Leavenworth             | Brandi D. Collazo      | Cameron University                   |
| Joshua J. Maxwell      | Northeastern Oklahoma A&M                     | Jim D. Allred          | University of Oklahoma               |
| Jessica M. Wright      | Culver-Stockton College                       | Stacy D. Allred        | SE Oklahoma State University         |
| Summer R. Garcia       | East Central University                       | Jami L. Kay            | Hillsdale FWB Bible College          |
| Calvin J. Peltier, Jr. | Southwestern Oklahoma State University        | Steven W. Turk         | OSU-Okmulgee                         |
| Courtney D. Mills      | Ardmore Higher Education                      | Robert L. Smith, Jr.   | College of the Ozarks                |
| Traci J. Kane          | University of Oklahoma                        | David C. Roberts, Jr.  | Linn-Benton Community College        |
| Robert S. Herron       | St. Gregory's University                      | Jamie A. Erler         | Point Loma Nazarene University       |
| Ryan D. Rennie         | University of Colorado at Boulder             | Heidi K. Baitis        | Seminole State College               |
| Gregory A. Cline       | Oklahoma City Community College               | Cynthia D. Anderson    | Rose State College                   |
| Candida J. Kadar       | University of Nebraska at Omaha               | Brandon L. Robinson    | Oklahoma City Community College      |
| Jay F. Martin          | Oklahoma State University                     | Walter Hawk            | University of Oklahoma               |
| Alesha D. Rush         | St. Gregory's University                      | Sarah R. Boland        | Texas Tech University                |
| Dustin G. Loftis       | St. Gregory's University                      | Kathryn D. Baptiste    | University of New Mexico             |
| Dana J. Schoemann      | University of Oklahoma                        | Rita A. Hunnicutt      | University of Colorado-Boulder       |
| Heather M. Nance       | Rogers State University                       | Allyson E. Rumsey      | Valencia Community College           |
| Brook L. Jones         | University of Tulsa                           | Jay A. Laughlin        | Westark College                      |
| Joseph P. Huke, Jr.    | Missouri Western State College                | Clinton R. Beaver      | Emporia State College                |
| Jody K. Mills          | East Central University                       | Giulia L. Bussard      | University of Wisconsin-Stout        |
| Meredith J. Everett    | University of Central Oklahoma                | Odessa A. Robinson     | Glendale Community College           |
| Crystal Y. Mullins     | Cameron University                            | Kelly E. Garrison      | Connors State College                |
| Eric H. Hamilton       | Metropolitan State College of Denver          | Colette J. Childers    | Northeastern Oklahoma A&M            |
| Melissa L. Wilson      | St. Gregory's University                      | Kimberly A. McCorkle   | Neosho County Community College      |
| Paige M. Hill          | University of Central Oklahoma                | Amy L. Hill            | Oklahoma State University            |
| Michelle D. Osburn     | Northeastern State University                 | Casey J. Dockry        | University of Texas-Arlington        |
| David K. Sivadon       | Oklahoma Baptist University                   | Carolina M. Castaneda  | Anoka-Hennepin Technical College     |
| Tracy J. Downing       | Regent University                             | Angela D. Wheat        | Cameron University                   |
| Ronald L. Bowman       | Widener University                            | Jeremiah C. Kichler    | Weatherford College                  |
| Gary D. Schoemann      | UCLA School of Medicine                       | Teya M. Lute           | University of Oklahoma               |
| Tiffany S. Healey      | Oklahoma State College of Veterinary Medicine | Dustin L. Anderson     | Oklahoma State University            |
| Michael D. Fox         | University of Rhode Island                    | Davana Keller          | University of Texas-Arlington        |
| Nathan W. Smith        | Gordon Cooper Vo-Tech                         | Amanda M. Keeler       | Oklahoma City Community College      |
| Sarah J. Anderson      | Central Vo-Tech                               | Tara R. Ramos          | Oral Roberts University              |
| Chrystina D. Bruner    | Gordon Cooper Vo-Tech                         | Shayla D. Impson       | University of Puerto Rico            |
| James A. Martin        | Flint Hills Technical College                 | Rachel S. Anderson     | Kansas State University              |
| Eric W. Roberts        | Southwestern Assembly of God University       | Elizabeth Yott Brown   | Texas Tech University                |
| Elizabeth A. Driver    | Southwestern Oklahoma State University        | Gina M. Womack         | Oklahoma Baptist University          |
| Joshua C. Baser        | Northeastern Oklahoma A&M                     | Dana E. Giboney        | Oklahoma City Community College      |
| Jennifer A. Lisle      | East Central University                       | Jon M. Arrasmith       | Drury College                        |
| Timothy P. DeCoursey   | Washburn University                           | Nicholas D. Upton      | Oklahoma State University            |
| Aaron B. Collins       | Oklahoma Baptist University                   | Dale W. Maynard, Jr.   | University of Central Oklahoma       |
| Brooke N. Rumsey       | Oklahoma State University-OKC                 | Chris J. Stephens      | St. Gregory's University             |
| Keli L. Savory         | Western Oklahoma State College                | Joanna M. Gregson Diaz | University of West Florida           |
| Richard M. Robertson   | Cuesta College                                | Jeffery C. Claar       | Rose State College                   |
| Chad D. Barrett        | Seminole State College                        | William G. Bussard     | Oklahoma City University             |
| Adrian K. Sanders      | St. Gregory's University                      | Jenny L. Affentranger  | Montana State University             |
| Amber N. Shirey        | University of Central Oklahoma                | Wade J. Miller         | SW Texas State University            |
| Erica A. Rhodd         | Oklahoma State University                     | Jeanne L. Pierce       | Northeastern State University        |
| Magan D. O'Connor      | East Central University                       | Leah M. Hale           | University of Texas-Arlington        |
| Brian W. Hancock       | University of Kansas                          | Brandi L. Morris       | St. Gregory's University             |
| Bryan A. Fuller        | University of Oklahoma                        | Tina J. Oglesby        | University of Oklahoma               |
| Dawn M. Deerinwater    | Cameron University                            | Ami J. Clift           | Evangel University                   |
| Justin S. Baker        | University of Oklahoma                        | Cynthia R. Holik       | American College of Chinese Medicine |
| Jessica M. Lantagne    | University of Oklahoma                        | Darrell A. Wilson      | University of Oklahoma AIT           |
| Rebecca A. Hogan       | University of Central Oklahoma                | Thomas K. Nickou       | University of Arkansas               |
| Allison N. Barrett     | East Central University                       | Brian K. Walker        | Gordon Cooper Vo-Tech                |
| Diedre G. Torres       | Northeastern State University                 | Charles E. Pierce IV   |                                      |
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| Tiffany D. Wright      | East Central University                       | Jessica R. Deadwiley   |                                      |
| Debra L. Barnes        | Cameron University                            | Toni J. Kay            |                                      |
| Darlene L. Goldsmith   | Northeastern State University                 | Carla L. Vaughn        |                                      |
| Andrew J. Glasgow      | Stark State College of Technology             | Rhonda K. Bathurst     |                                      |
| Lorrie A. Rayburn      | Pittsburg State University                    | Barbara J. Talliferro  |                                      |
| Margaret A. Dudley     | Eastern Oklahoma State University             | Shelli R. Baldwin      |                                      |
| Mary Ellen Tasier      | Oklahoma City Community College               | Misty D. Conover       |                                      |





## Rain-Delayed Softball Tourney Finally Played

**Uncharacteristically heavy June rains made the new Citizen Potawatomi Nation softball fields unplayable during the First Annual Potawatomi Nation Festival. The Festival Softball Tournament was played in mid-August. In action at left, Umpire Jay Gunter declares Shirl Eastep out**

**at home, with catcher Tommy Mitchell making the play. At right, Barry Branscum's mighty swing has powered a line drive up the middle. (Notice the ball above the shortstop's head.) In the September HowNiKan, we will honor the teams that earned first through third places in the tournament.**



# WELCOME, NEW CITIZEN POTAWATOMI NATION ENROLLEES!

The following Tribal Members were enrolled under the previous guidelines:

Boggs, Debra LaJean Northcross  
Bradford, Rosanna Arlene  
Cannon, Janet Marie Northcross  
DeMott, Stephanie DiAnne Wade  
Hand, Robert Roy  
Moss, Carley Yvonne Weld  
Nadeau, Anna Elizabeth  
Nadeau, Dylan Joel  
Nadeau, Jordan David  
Nichols, Glenda Lorene Webb  
Nona, Samuel Glenn  
Nona, Thomas Christopher  
Owens, Joe Ernest  
Payne, Christie Lynn Denson Bryan  
Reeves, Bobbi Jo  
Reeves, Johnny Ray  
Reeves, Luke Anthony  
Reeves, Patricia LeeAnn Hill

The following Tribal Members were enrolled under Descendancy:

Anderson, Angel O'Dawn  
Aniol, Anthony Keith  
Aycock, Jaimi Mishel  
Aycock, Mandi Marie  
Baca, Colter Douglas  
Badry, Jeremy Michael  
Badry, Justin Jay  
Baird, Keegan James  
Barnes, Lily Rain  
Barron, Danna Kay Davis  
Barron, Michael Drew  
Barron, Robert Davis  
Bay, Debra Jane Wiggins  
Beauford, Sierra Brooke  
Blain, Mark Owen  
Blissett, Brandon Leigh  
Blissett, Steven Glen  
Bolding, Heather Noelle  
Booth, Jason Anthony  
Booth, Jessica Alexandria  
Boothe, Debra Denise Mulanax  
Bright, Alexander Paul  
Brown, Douglas Andrew  
Bruner, Dustin Joseph

Bruner, Heather Lynn  
Calvert, Isabelle Kay  
Campbell, Rodney Louis  
Carlyle, Kimberly Elizabeth Whistler  
Cockrell, Caleb Austin  
Coffey, Chealsi NaCole  
Coffey, Jessica Rashae  
Cooke, Skylar Dare  
Davis, Michelle Dee Whistler  
DeMott, AnnaMarie  
DeMott, David Michael Vincent  
DeMott, Jesse John  
DeMott, Joseph William Giaccio  
Dickens, Mark Dale  
Dickens, Shawn Leon  
Downing, Francis Monju  
Driscoll, Ashley Joy  
Driscoll, Gage Ryan  
Driscoll, Krystal Elaine Esch  
Elms, Dakota Ryan  
Emert, Christina Michelle  
Emert, David Earl  
Emert, James David  
Emert, Megan Rose  
Emert, Nicole Lorraine  
Emert, William Charles  
Esch, Ethan Charles  
Esch, Mark Alan  
Eschardies, Shane Wesley  
Eschardies, Zachary Ed  
Fuqua, Riley Elizabeth  
Fuqua, Vera Merle  
Garver, Danielle Marie  
George, Amanda Sue  
Gilbert, Brianna Renee  
Glasgow, Colton Joe  
Glasgow, Michael Andrew  
Glasgow, Shannon Lea  
Gonzalez, Michael Anthony  
Gottschalk, Colton Gregg  
Hacker, Abigail DeAnn  
Hall, Ivey Niccole  
Hand II, Robert Roy  
Hand, Steven Jackson  
Hansen, Dana Christine  
Heideman, April Dawn  
Heideman, Heather Marie  
Heimbarger, Angela Jean

Henry II, Chad Dwayne  
Hill, Dustin Wayne  
Holbrook III, Charles Lloyd  
Holbrook, Emily JoAnn  
Holt, Dylan Ray  
Holt, Joshua Tyler  
Holt, Julia Anne Nelson  
Holt, Kaitlynn LaJean  
Hubble, Allison Renee  
Janeway, Melissa Ann Martin  
Jolley, Jennifer Leigh  
Jones, Corey William  
Jones, McKayla Renee  
Karasek, Leslie Ann  
Kawa, Adam Robert  
Kennedy, Jacqueline Elizabeth  
Kester, Charlotte Renee  
Kester, Dustin Chanler Fox  
Kester, Kimberly Mercedes-Dawn  
Krueger, Chelsey Shae  
Krueger, Eric Chance  
LaFeviers, Marley Lynn  
Laughhead, Amanda Marie  
Laughhead, Jessica Ryan  
Leggenhager, Christopher Michael  
Lehman, Caleb Aaron  
Lehman, Rhett Traven  
Lewis, Luke Patton  
Lewis, Parker Texas  
Manning, Malinda Jean  
Manzer, Caleb Jeffery  
Marshall, Denise Gail Place  
Martinez, Andrea Juanita  
Martinez, Jr., Armando Lucia  
Maxwell, Jasmine Cora  
Maynard, Andrea Dawn  
McCool, Aidan Patrick  
Migliazzo, Jacob Jerold  
Migliazzo, Joshua Marc  
Migliazzo, Nicole Marie  
Mikinski, Mitchell Bennett  
Miller, Bradley Duane  
Miller, Jason Chadley  
Miller, Jeremy Justin  
Minish, Brian Odell  
Moore, Rachel Elizabeth  
Mulanax, Levi Michael  
Mulanax, Richard Dale

Murdock II, Gabriel Theddeus  
Murdock, Gabriel Thaddeus  
Murdock, Rachel Elizabeth  
Nakvinda, Lori Ann Blain  
Nocktonick, Cody Lee  
Northup, Jeremy Dale  
Ogle, Baylee Mykenzi  
Parks, Sarah Jeanette  
Pearce, Laura Suzanne  
Pearl, Jamie Leigh  
Pearl, Jessica Lynn  
Peltier, Alexander Michael  
Peltier, Erika Danae  
Peltier, Steven Walter  
Pletcher, Baylee Shyanne  
Quiett, Chelsey Ranae  
Quiett, Zachary Eugene  
Radiillo, Christian Adel  
Reece, Dylan Jack  
Rice, Taylor Marie  
Robinson, Dylan William  
Rosewitz, Elizabeth Anne  
Schwab, Griffin McGuire  
Searles, RayAnn Marie  
Sharp, Lakyn Mae  
Shumway, Joshua Kyle  
Simon, Thomas Ray  
Slavin, Sondra Ann  
Slavin, Wyatt William  
Smith, Colin Michael Lyle  
Smith, Roy Chase  
Smith, Taylor James  
Smith, Terri Lynn  
Smith, Zachary Erin  
Stefanich, Shasta Moon  
Stewart, Kyle Lee  
Storment, Jolene Michelle Owens  
Storment, Tyffany Marie  
Thompson, Brittini Jo  
Thompson, Dustin Tyler  
Thompson, Lee Aaron  
Thompson, Nathan Brian  
Thompson, Rory Edward  
Vernon, Taylor Jordan  
Wallace, Tracy Lynn Blain  
Webb, Weldon Keith  
York, Carrie Ann  
York, Douglas Elliot



# Nation contracts with government for computer work

By MICHAEL DODSON

The Citizen Potawatomi Nation of Shawnee, Oklahoma has announced that it has earned a contract to supply computer services to the federal government. The Potawatomi Nation contract is for one year. It is a \$14.5 million Indefinite Delivery, Indefinite Quantity (IDIQ) contract with the Department of Defense. The contract covers provision of Information Technology services and products, both hardware and software.

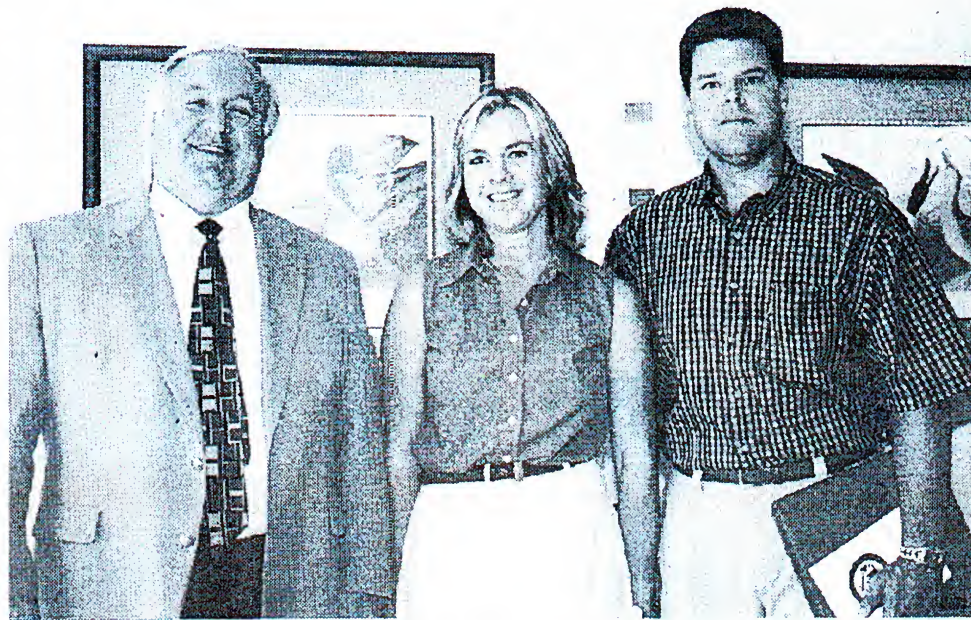
"For example, the services portion of the contract can cover providing such items as maintenance, network development, network security, and application development," said Linda Capps, Potawatomi Nation Vice Chairman.

Capps said that creating jobs and subcontracting opportunities for Potawatomis and other Native Americans is a significant part of the Nation's incentive for pursuing this contract. She said that the nature of this contract is that the Nation will fill work orders as they arrive, with a total maximum of \$14.5 million worth of business available to the Nation under this contract.

In that regard, Capps announced that the Potawatomi Nation has entered into an agreement with AMEG Technical Services, Inc. of Katy, Texas and Lanham, Maryland, with AMEG to serve as a subcontractor. Brandon Blackwelder, AMEG Technical Services President, is a member of the Citizen Potawatomi Nation.

Blackwelder said that the contract should be beneficial to both the Nation and AMEG Technical Services. "It allows the tribe to grow and branch into cutting edge technology business," he said. "It also allows some of the younger tribal members, who are studying the computer field, to have a vehicle for pursuing a career in technology."

Capps pointed out that "the Nation has a lot of expertise (in these areas) ourselves." The Potawatomi Nation is an



Chairman John A. Barrett with Marion Bishoff and Brandon Blackwelder

Internet service provider, through its subsidiary CPN-Net. The Nation performed the technical work that has allowed St. Gregory's University to become Oklahoma's first laptop university.

AMEG Technical Services has a Lanham, Maryland office, staffed by company Vice President Marion Bishoff. "There are Potawatomis living across the United States, with some living in the D.C. area," Bishoff said. "We will contact these tribal members, looking at the possibility of using some of them as personal service contractors on task orders that we might receive."

Blackwelder's interest in a business relationship with the Potawatomi Nation was sparked by a solicitation in the *HowNiKan*, the tribal newspaper. It requested that tribal members bring business ideas and opportunities to the tribe. "I contacted Ms. Capps about an opportu-

nity to do business with the Fort Huachuca Intelligence Center in Arizona. We built a relationship from there," Blackwelder explained.

Blackwelder said that Defense Department contracting officers should feel comfortable about doing business with both the Potawatomi Nation and AMEG Technical Services. "We have spent a lot of time and money in educating and training all of our staff, technical staff as well as sales staff," he said. "And, the Citizen Potawatomi Nation has the management and accounting capabilities, in addition to its high-tech expertise and experience."

Blackwelder says he is pleased to be working with the Potawatomi Nation. "The Nation is such a progressive tribe, very business-oriented. The leaders within the tribe bring a tremendous asset to this opportunity."

AMEG Technical Services, Inc. is a

cutting-edge management consulting and solutions integration firm with offices located in the Houston, TX and Washington, D.C. metropolitan areas. Each of the officers and directors of AMEG Technical Services brings more than eight years of experience managing his own advanced information technology, technical assistance, and procurement services company.

AMEG Technical Services, a certified Native American-owned firm, was founded to provide its public and private sector clients with a superior level of information technology services.

AMEG Technical Services' experienced team of technical engineers, project managers, business analysts, and application developers offers best-in-class solutions that are specially designed to streamline enterprise-wide processes and applications, as well as provide the solid and secure network infrastructure essential for successful operation of any organization. The company specializes in providing its customers: Enterprise Network Solutions; Collaborative Messaging & Workflow Solutions; Application Development; and, Network Security.

Blackwelder is a member of the Ogee-Beaubien family within the Potawatomi Nation. His mother is L'Don Richards. Her father and his brothers owned Richards Brothers Pharmacy in downtown Shawnee. Blackwelder's late father was Stephen Elliott Blackwelder. He was a physician in McAllen, Texas.

Brandon Blackwelder was raised in the Rio Grand Valley. He attended Southwest Texas State University in San Marcos, TX. He worked in the oil and gas business, as a pipeline inspector. From that base, he became involved in International business.

After marriage, Blackwelder settled in Houston, opening an International trading company. He has since become involved in federal procurement through his father-in-laws company.

"I moved into the information technology area as a result of purchasing many computers on Govt. contracts and learning about them as a result of the International projects, most of them funded by the U.S. Agency for International Development," Blackwelder said.

Blackwelder's wife Tisha was raised overseas (Cairo, Egypt and Nairobi, Kenya) and also attended Southwest Texas State University. The Blackwelders have two children, Brennah and Cade, who are four years old and one year old, respectively.

## Taiwanese officials visit Potawatomi Nation

Government officials in Taiwan and Oklahoma representing culture, commerce, and industry have collaborated with museum directors to bring **Contemporary Art of Taiwan** to the Oklahoma State Capitol. While Taiwanese officials were in Oklahoma, they sampled Native American culture and hospitality during a visit to the Citizen Potawatomi Nation.

The guests toured the Citizen Potawatomi Museum and other tribal facilities and businesses. At tribal headquarters, the Taiwanese delegation thoroughly enjoyed a Native American dance presentation by Leslie Barichello Deer, award-winning dancer, former Miss Indian Oklahoma, and Citizen Potawatomi Nation employee.

**Contemporary Art of Taiwan** begins a significant exchange between the State of Oklahoma and Taiwan. The initial phase of this partnership brought Taiwanese art and representatives of business and government to Oklahoma.

The second phase of the exchange highlighted Native American artists of Oklahoma and the Southwest in the National Museum of History in Taipei, Taiwan in September 1999. Leaders in government and commerce in Oklahoma were present in Taipei to celebrate the exhibition of paintings, sculpture, and basketry.

Oklahoma and southwestern artists for this phase of the exchange include Tony Abeyta, Benjamin Harjo, Jr., Kay Henderson, the late Allan Houser, Mike Larsen, Bruce Lafountain, Bernadette Martinez, Paul Moore, Dan Namingha, John Nieto, Bert Seabourn, and Poteet Victory.

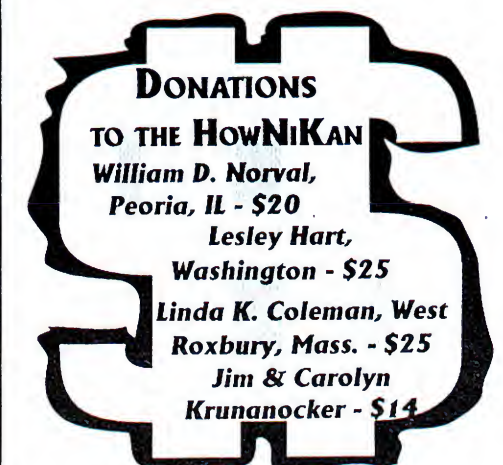
**Contemporary Art of Taiwan** featured exciting works of Taiwan's most talented artists. The exhibit included works on paper, paintings, bamboo carvings, mixed media, sculpture, and installations -- photographs, video, and documents. The artworks were on loan from both the National Museum of History in Taipei and the Chinese Information and Culture

Center in New York City.

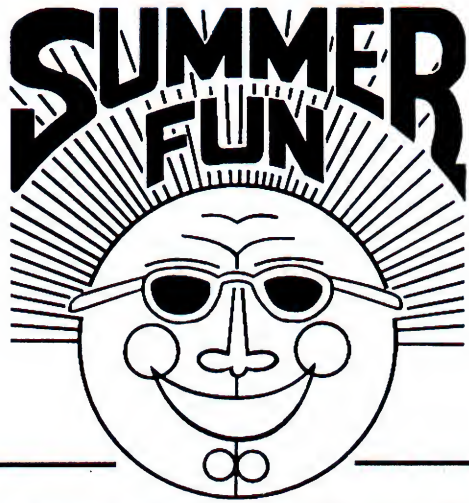
"Art is a strong bridge between people regardless of historical and cultural differences. This art exchange presents many opportunities for Taiwan and Oklahoma to strengthen their friendship and work together toward goals that will be beneficial for everyone," said Betty Price, executive director of the Oklahoma Arts Council.

Secretary of Commerce Howard Barnett said, "It makes good business sense for the Oklahoma Department of Commerce and the Oklahoma Arts Council to work together to support business in the state."

Artists, officials, and dignitaries from the Taiwanese delegation stayed for several days in Oklahoma. In addition to the Citizen Potawatomi Nation visit, they took in the Red Earth Festival in Oklahoma City, the Cowboy Hall of Fame Prix de West, the Gilcrease and Philbrook Museums in Tulsa, as well as the Greenwood Cultural Center.



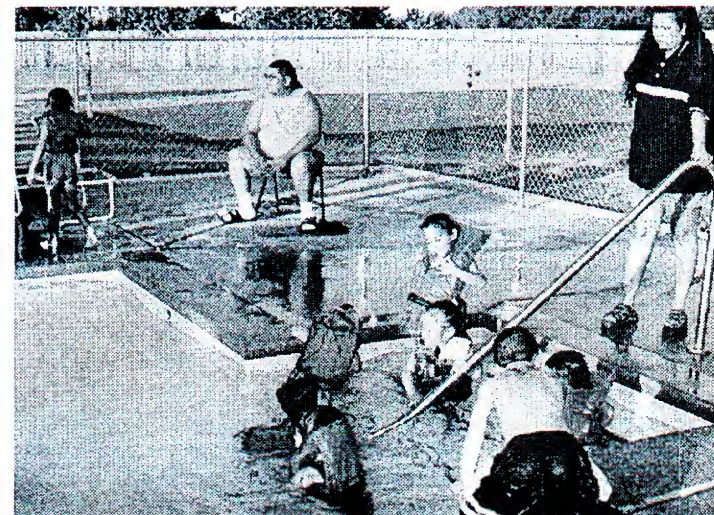
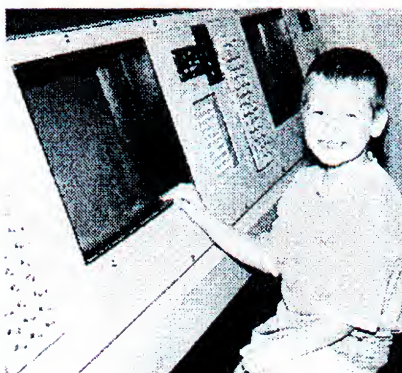
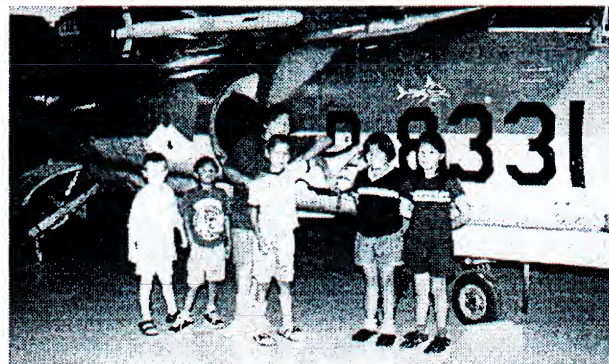




# Citizen Potawatomi Nation Day Care



The Summer of '99 generated many fond memories for children in the Citizen Potawatomi Nation's top-notch day care center. They ventured to Oklahoma City to visit the Omniplex and its museums, including the Air and Space Museum, received instruction in baseball and basketball techniques from coaches at St. Gregory's University, and ended the summer with watermelons, swimming, and many other fun activities at the "End of Summer Bash."





# New CPN Head Start program underway

By MICHAEL DODSON

Deeply committed to providing education opportunities for its members and other Native Americans, the Citizen Potawatomi Nation has initiated an Early Head Start program. Linda Capps, Citizen Potawatomi Nation Vice Chairman said, "Our goal is to provide intensive, comprehensive child development and family support services to low-income families and to pregnant women."

The program is designed to assist 40 clients initially. "Thirty-two of our clients will be children from birth to three years old," said Ethel Marianito, Early Head Start Director. "We will also serve eight pregnant women."

"Education will be a very important part of our service to pregnant mothers-to-be," Marianito said. That education will include information about pre-natal care for the mother and baby, nutrition, exercise, and, later, parenting skills.

Marianito said that her program will partner with the Nation's Women, Infants, and Children (WIC) Nutrition Program to deliver some of these services to pregnant women. "They have a concept called *nutrition tailoring*, through which dietary assistance is matched to a client's specific needs."

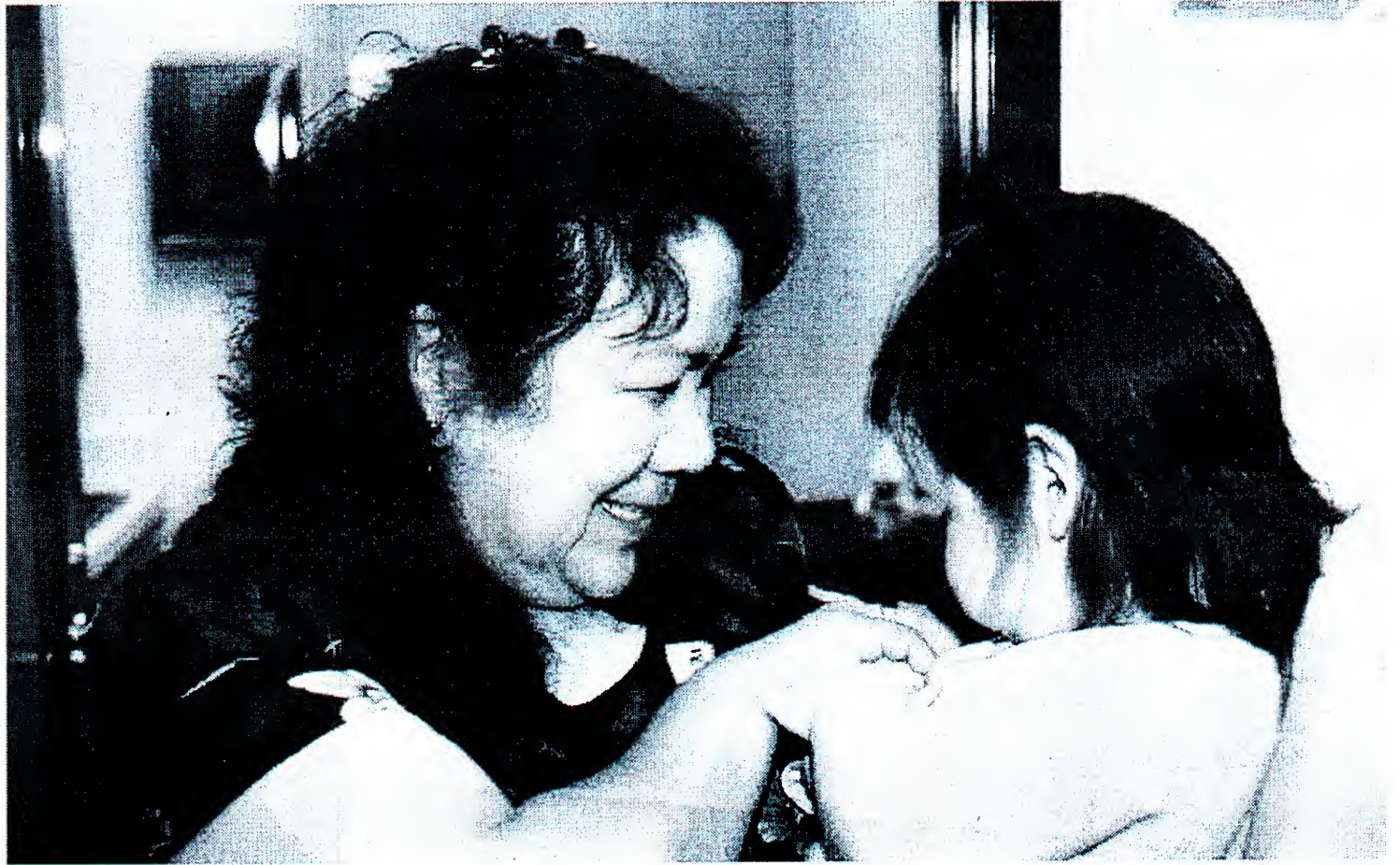
It is unlikely that the Early Head Start Program will have trouble finding clients for the assistance to pregnant mothers-to-be. "I have talked to the Shawnee schools' 'Parents As Teachers' group," Marianito said. "They told me that there are 25 pregnant students in the Shawnee schools. Fourteen of them are Native American girls."

The Early Head Start Program will cooperate with the Potawatomi Nation's clinic to deal with clients' healthcare needs. "They will help us establish the child's medical status. If the parents choose to have children's medical needs dealt with at our clinic, that's what we'll do."

Marianito hopes to be able to tap into Citizen Potawatomi Nation elders' time and skills. "I hope to develop a volunteer program in conjunction with the Elders Program. I would like to have elders involved in storytelling and teaching these youngsters language and culture."

The elders could also be a resource to assist with some of the Early Head Start youngsters' basic needs. "I'm sure we'll ask the elders to rock the babies," Marianito said. "There will be times when we have as many as eight infants here and will need that kind of help."

Young children are deeply affected by their early experiences and the brain develops best when a child is healthy and receiving proper nutrition. Therefore, the program's primary goal is "to promote physical, cognitive, social, and emotional growth of infants and toddlers." In that regard, Early Head Start seeks to create an environment in which chances for proper early brain development are enhanced.



The Potawatomi Nation has converted space in its Tribal Administration Building at 1601 South Gordon Cooper in Shawnee to use as an Early Head Start classroom. "What we are trying to create is another home — a home away from home," Marianito said. "We want to provide that atmosphere so the children and their parents will be very comfortable and feel that this is another place that they can feel secure. I want this to be a place of comfort, joy, and happiness."

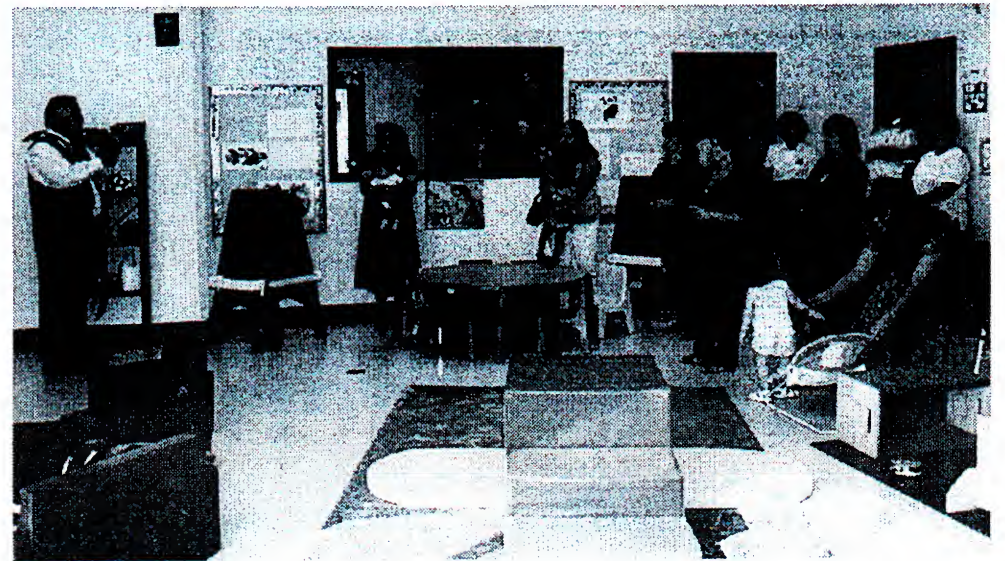
Parents will be asked to bring photos of themselves for the Early Head Start facility's walls. Marianito will also use cultural and educational wall decorations to make the space pleasant and inviting.

Marianito brings a wealth of experience and knowledge to her new position. A Navajo, she earned a Bachelors Degree in Education and a Master's in Special Education with an emphasis in Diagnostic Testing. She earned both of those degrees at the University of New Mexico. With study at the University of Arizona, she has earned certification to work as a school psychologist.

Marianito served her own people for ten years, working for the Navajo Nation in special education. She worked with a nun, Sister Mary Jane, to found and build the St. Michael's School, which emphasized teaching handicapped Navajo youngsters.

Because it met the needs of its constituency so well, the program grew rapidly, becoming St. Michael's Association for Special Education and earning state government, Bureau of Indian Affairs, and foundation funding. Marianito says Sister Mary Jane was a

CPN Early Head Start Director Ethel Marianito makes sure that Tia McKinney is enjoying herself. Below, CPN Chairman John 'Rocky' Barrett blesses the Early Head Start facility at the new program's open house.



wonderful and talented woman and that she was fortunate to have been able to count Sister Mary Jane as a mentor.

"I was very lucky and very happy to be her friend and sidekick," Marianito said. "I was able to go on a pilgrimage to Europe with her."

After ten years in Navajo special education, Marianito took her daughter to Albuquerque, where she served as Director of "Programs for Children." "Programs..." identified and provided prescriptive education services for handicapped children.

A period of small business ownership followed. Marianito had a firm that did education testing and designed special education programs for handicapped students.

Having moved to Oklahoma, Marianito saw the Potawatomi Nation's ad for the Early Head Start program director. When Potawatomi officials agreed with her that the program should go beyond education basics, Marianito knew that she had found a home.

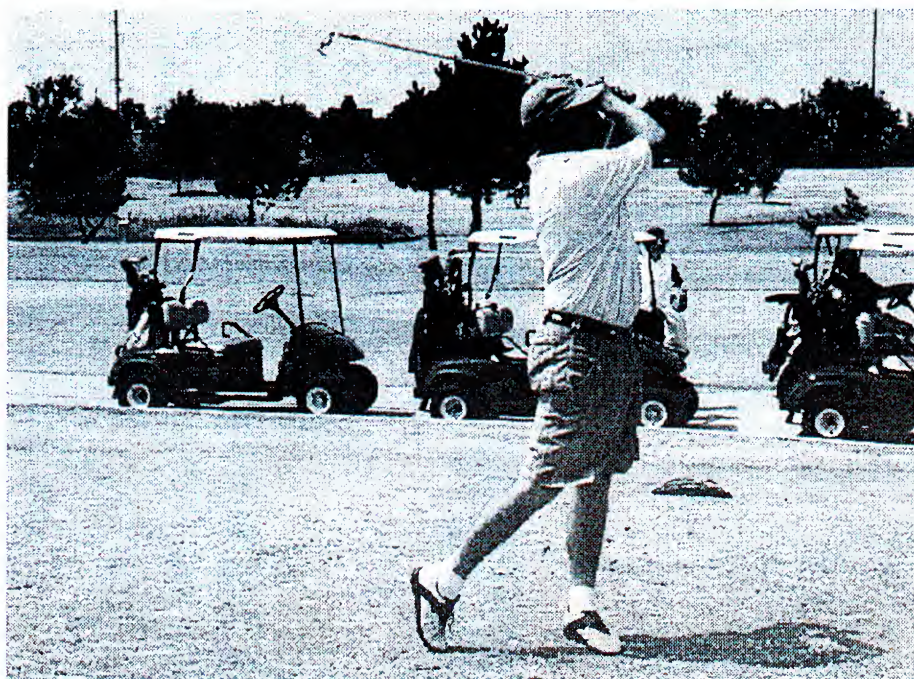
Marianito's staff consists of Education Coordinator Nancy Sharp, Home Visitor/Parent Educator Kristi Hammond, and Lead Teachers Debbie Chesser and April Morris.

The Citizen Potawatomi Nation Early Head Start program is building a client waiting list. Anyone who would like to place his child on the waiting list or who needs more information about the program can call Marianito at 405-275-3121 or 800-880-9880.





Johnny Rodgers' Heisman Trophy was a very popular photograph companion during the NAGT tournament at FireLake Course. Here the trophy poses alone.



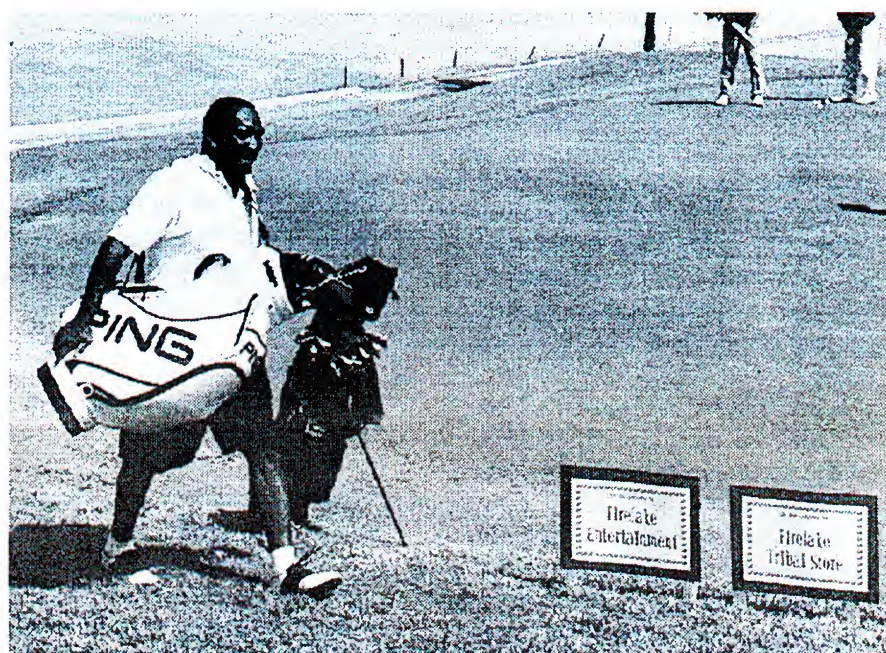
The beauty of the FireLake Course steals the scene as a golfer tees off. We trust he drove long and kept his ball in the fairway.



During the tournament, a most gracious Johnny Rodgers acknowledged his debt to Potawatomi athletic legend Jim Thorpe.



An inspiring, challenging speech from Olympic Gold Medalist Billy Mills was a highlight of the tournament activities.



A Heisman Trophy on his mantelpiece and successful CFL and business careers on his resume, Johnny Rodgers is not above toting his own clubs on a hot August day in Shawnee, Oklahoma.

# Native American Golf Tour raises sc

By MICHAEL DODSON

Organizers of the inaugural event on the Native American Golf Tour (NAGT) are calling the two days of activities at the Citizen Potawatomi Nation's FireLake Golf Course and tribal headquarters a success. The celebrity pro-am golf tournament raised money for scholarships for Native American young people.

In conjunction with the Monday, August 23 golf event, sponsors produced a seminar for tribal leaders and education program participants. Experts discussed foundations as sources for funding for Native American programs, a tribe's assuming control from the BIA of its trust funds, trust fund investment opportunities, and cybernetic learning as a tool for jumping the education gap.

Donna Chavis, president of Native Americans in Philanthropy, explained that her organization is comprised of American Indians who serve on the boards of

directors and as staff people for grant-making organizations. Chavis said that NAP's work is aimed at increasing the Native American world's access to grant-making organizations and to see that philanthropic efforts support traditional Native American values.

Following Chavis to the podium, Rebecca Adamson, founder and executive director of First Nations Development Institute, told seminar participants that First Nations is a grant-making organization that also provides technical assistance to tribes and Native American organizations that want to seek grant funds elsewhere.

Adamson said that First Nations views creation of foundations that can seek and use grant money as a method for tribal governments and Native organizations to control their own assets. "We've discovered that, through grant-making, you can make so much difference in our

communities," Adamson said. "Sometimes, a \$2,000 grant makes a huge difference in some of our communities."

According to Adamson, First Nations, which is located in Fredericksburg, Virginia, makes grants of from \$1,000 to \$450,000.

Following the discussion of foundations and grant-making, financial advisor Robert Burpo of Albuquerque, New Mexico, a member of the New Mexico House of Representatives, outlined the reasons for and mechanisms to accomplish assuming control of investment of trust funds from the Bureau of Indian Affairs.

Burpo's firm, First Americans Financial Services, has served as a financial advisor to numerous Native American nations. First Americans assisted as the Jicarilla Apaches of New Mexico financed their Inn of the Mountain Gods and the Citizen Potawatomi Nation purchased what is now First National Bank of Shawnee.

Burpo also guided the Citizen Potawatomi Nation through assuming control of investment of its trust funds, money from land settlements, from the BIA. The BIA had earned an average annual rate of return of 4.75% for the Potawatomi Nation. The investment vehicles that Burpo and First National Bank set up for the Nation have earned more than 25% on an average annual basis in the 28 months since the Nation assumed stewardship of its own funds.

Burpo advised seminar participants that officials of tribal governments preparing to control investment of their own trust funds should study investing and should prepare a written investment policy. "The first step, before you go out spending your money and writing your investment policy, is to understand what you're taking about," Burpo said. "If you don't understand the ways of Wall Street, how can you have a written investment policy?"





We manufacture another opportunity to showcase a nice golf shot follow-through and the beauty of the FireLake Golf Course.



Dinzie Sanders of Shawnee won this EZ golf cart valued at about \$5,000 when he shot a hole-in-one on Hole #1 during the tournament. The 200 yard shot was his first hole-in-one ever, although he spends a lot of time at the FireLake course.



We'll never know whether this putt fell or lipped out, will we? We do know **everyone** had a tremendously enjoyable time at the NAGT tourney.



Citizen Potawatomi Chef Extraordinaire Loretta Barrett Oden prepared delicious meals for NAGT tournament participants.



(left to right) Harold Pruner handled logistical details for making the tournament happen. Phillip 'Yogi' Bread performed his beautiful music at the Pairings Party. Johnny Rodgers was gracious and played good golf. And, CPN Supreme Court Justice Lawrence Wahpepah played in the tournament.

# olarship money at FireLake course

How can you expect to go hire money managers? And, how will you ever know whether you're being successful?"

Burpo also advised setting up a system of checks and balances in the trust funds investment policy. "You don't want any one person to always have control," he said. "You don't want your money manager to have all the control. Quite bluntly, you don't want the tribal council to have all the control. And, you want to keep tribal politics away from your investment decisions."

Billy Mills, the Oglala Sioux who is the lone American who has won the 10,000 meter run in the Olympics, and Johnny Rodgers, who won the 1972 Heisman Trophy as a Nebraska Cornhusker, played in the NAGT celebrity pro-am golf tournament.

Mills won his gold medal in the 1964 Olympics in Tokyo, coming from off the pace with an amazing finishing kick. Actor

Robby Benson portrayed Mills in the feature movie about Mills' life, *Running Brave*.

Addressing golf tournament participants at the pairings party, Mills put tribal government sovereignty in an interesting perspective. He said that Native American nations negotiated treaties with the United States government receiving certain things in exchange for the United States' taking the Indians' vast lands and resources.

"The Indians agreed to fight no more but retained land over which they maintained sovereign control," Mills said. "In exchange for the vast domains of land and natural resources we gave up, the U.S. agreed to provide a schoolhouse and a teacher for 20 years of education for each child. No other people have paid for their children's education in advance — by vast domains of land and natural resources we have given up."

Mills said that the U.S. government also agreed to provide health care for Native residents of this land — "not free, the premium paid for in advance by the vast domains of land and natural resources that were given up."

The American natives also negotiated the right to hunt and fish on their lands and on lands ceded to the United States.

"Every one of those conditions has been violated," Mills said. "That's why the Native American Golf Tour wants to respond to the needs of Indian children — educational needs."

"My reservation in South Dakota struggles with 80% unemployment, socioeconomic struggles, alcoholism, and teen-age pregnancy," Mills told his audience. "But, what does exist in the world today is Indian culture, tradition, dignity, beauty, character, pride."

At the pairings party, Rodgers

delivered a short talk, saying, "I assure you I do come in peace." He added, "When you think back on some of the greatest rivalries in college football, you really have to come back to Oklahoma and Nebraska. You know, a lot of the awards and different accomplishments that I've made have been because of the desire to win that came from the University of Oklahoma's pushing our (Nebraska's) program to a higher level."

Rodgers indicated that he had drawn inspiration to become an outstanding athlete from learning about the legendary Potawatomi athlete Jim Thorpe. "My grandmother was half Omaha Indian. I remember her telling me about Jim Thorpe. Then, I saw things on TV about Jim Thorpe, about his tenacity and his desire to win. It made an impression on me early in life that I should be in the best condition that I could possibly be in," Rodgers said.





## Regional Office Directory

### REGION 1 - OREGON/IDAHO

### REGION 2 - WASHINGTON

(INCLUDES ALASKA & HAWAII)

#### Roscoe "Rocky" Baptiste

Box 346, 525 Ivy Ave., Gervais, OR 97026  
Local (503) 792-3744 • FAX (503) 792-3744  
Toll-Free (800) 522-3744  
e-mail: Region01@Potawatomi.org

### REGION 3 - NORTHERN CALIFORNIA

#### Jennifer J. Porter

5033 Vannoy Ave., Castro Valley, CA 94546  
Local (510) 886-4195 • Toll-Free (800) 874-8585  
e-mail: Region03@Potawatomi.org

### REGION 4 - SOUTHERN CALIFORNIA

#### Jeremy Bertrand Finch

203 Bellefontaine St., Pasadena, CA 91105  
Local (626) 403-0930 • FAX (800) 432-2008  
e-mail: Region04@Potawatomi.org

### REGION 5 - SOUTHWEST

(INCLUDES ARIZONA & WESTERN NEW MEXICO)

#### Gene Lambert-Gist

P.O. Box 5905, Mesa, AZ 85211  
Local (602) 834-4480  
e-mail: Region05@Potawatomi.org

### REGION 6 - COLORADO

(INCLUDES MONTANA, UTAH, WYOMING,  
WESTERN NEBRASKA, WESTERN KANSAS)

#### Penny Bishop

90 Meade Lane, Englewood, CO 80110  
Local (303) 761-7021 • FAX (303) 761-1660  
Toll-Free (800) 531-1140  
e-mail: Region06@Potawatomi.org

### REGION 7 - NORTHERN TEXAS

(INCLUDES EASTERN NEW MEXICO)

#### Marjorie Hobdy

3132 Kathy Lane, Irving, TX 75060  
Local (972) 790-3075 • Toll-Free (800) 742-3075  
e-mail: Region07@Potawatomi.org

### REGION 8 - SOUTHERN TEXAS

#### Lu Ellis

26231 Huffsmith-Conroe Rd., Magnolia, TX 77355  
Local (281) 356-7957 • Toll-Free (800) 272-7957  
e-mail: Region08@Potawatomi.org

### REGION 9 - MIDWEST

(INCLUDES EASTERN NEBRASKA & EASTERN KANSAS)

12516 Askew Dr., Grandview, MO 64030  
Local (816) 761-2333 • Toll-Free (800) 325-6639  
e-mail: Region09@Potawatomi.org

The Citizen Potawatomi Nation is divided into different "Regional Offices" to help cover the extended membership across the nation. Originally labeled merely by region names, regional boundaries were established in late 1997 using the US Postal Service "3 digit" Zip code areas. Region '0' is generally considered Oklahoma while the other states that are not numbered currently do not have an official "Region" designator.

## REGIONAL REPORTS

### Northern California

Ahau, niconi,

Summer is almost over. But, here in the Bay Area, it still seems like winter/spring ... overcast half the day and temperatures climbing only to the 70's by afternoon. I grew up in the Central Valley, so I miss the heat. I'm sure the folks back East would be happy to share some of their high temps with us!

Looking ahead, an invitation to endorse and/or sponsor the upcoming 30 Anniversary Celebration of the 1969-71 Occupation of Alcatraz crossed my desk. It is to take place on Saturday, October 23, 1999, on

Alcatraz Island. "In the tradition of honoring our warriors, it is important for us to pause and remember the bravery and sacrifices of those individuals who made the Alcatraz Occupation a watershed in the history of all Native Americans."

They also held a fund-raising event at the Golden Gate Club in San Francisco on September 10. If you would like more information and/or wish to support these events, please write The 30th Anniversary Planning Committee, 1129 Manzanita Dr., Pacifica, CA, 94044.

I've had calls regarding

scholarships and financial aid frequently. It's good to see our young people striving to better their education. It's even better to see them getting help and support from their tribe, eh?

Well, that's about it for now. I hope your summer was a very pleasant one. Now it's time to start the school year fresh and ready. Good breakfasts in the morning, being focused at school, getting a good night's rest ... that's what they say a good student needs ... I'll add love and support from your family. Be well.

bamamine,

— Jennifer J. Porter

### Oregon/Idaho/Washington

Bozho Nicon:

What a wonderful time I had at the first-ever Potawatomi festival. It was a very relaxing three days, with lots to do but not the busy, busy feeling of the past. It was a real treat to have the feeling of being catered to. The weather was mild and warm, but not too hot.

I must encourage everyone to go next year. Your children, especially, will have the time of their lives. The tribe wants our young people to get to know their complex and tribal grounds, because they are the future of our tribe.

The kids had a very enjoyable time, too, from the little

ones who could chase down an ice cream wagon to the teens who had a disc jockey at the swimming pool.

Basketball, volleyball, horseshoes, golf, bowling, and bingo — all were free for all tribal members and their families. Wonderful, free meals were served. And, if you happened to miss a meal, the hot dog stand was open with free hot dogs and pop all day.

To make the whole festival end with a wonderful note, we had an outdoors church service for all denominations to attend, if they so desired.

I personally recommend that you plan your vacation for next

year to include the Potawatomi Festival.

Here in the Northwest, we have had the coolest summer ever. While the rest of the nation is suffering under the intense heat, we are wondering when the gardens are going to get going and the tomatoes will ripen. But, never fear, pow wow season is here and there are a lot of them from which to choose. There is one nearly every weekend. So, let's pow wow and, hopefully, I will see you there.

Pa Ma Pi,

— Rocky Baptiste

## It's Your Newspaper!

The HowNiKan welcomes contributions from tribal members, especially stories of their accomplishments. Please send information and photographs to tribal headquarters by the 5th of the month.



### 1999-2000 Regional Council Schedule

|                             |                |
|-----------------------------|----------------|
| Denver .....                | Sept. 25, 1999 |
| Eastern United States ..... | Oct. 16, 1999  |
| Dallas .....                | Nov. 13, 1999  |
| Southern California .....   | Jan. 15, 2000  |
| Phoenix .....               | Feb. 5, 2000   |
| Northern California .....   | March 4, 2000  |
| Houston .....               | March 25, 2000 |
| Seattle/Portland .....      | April 15, 2000 |
| Kansas .....                | May 13, 2000   |



# Oklahoma Military Hall of Fame seeks nominees

The Oklahoma Military Hall of Fame is now accepting nominations for Year 2000 induction.

Although a young state, Oklahoma has produced twenty-eight Medal of Honor recipients, at least twenty-one generals and admirals, and forty-five ace fighter pilots. During World War II, at least six Tuskegee airmen and at least eighteen Women's Airforce Service Pilots were Oklahomans, and Oklahoma's Native American peoples served by the hundreds.

To honor these and other Oklahomans, who have served in the armed forces, the Oklahoma Military Hall of Fame was created in 1999. It is a joint effort of the Oklahoma Historical Society, the Oklahoma Department of the Reserve Officers Association, and the National Society of Scabbard and Blade.

The Hall of Fame also honors non-Oklahomans who have made significant contributions to military science and technology within the state of Oklahoma.

By recognizing these individuals, the Oklahoma Military Hall of Fame serves to educate the public on Oklahomans' role in U. S. military history, the impact of U. S. military history on the history of the state, the development of military science and technology, the function of the military in a democratic society, and the role of the modern military in



today's world.

Anyone may nominate an individual to the Oklahoma Military Hall of Fame by submitting, by October 31, a brief biography of

the nominee for consideration by the Hall of Fame Nominating Committee. Approved nominees will be inducted into the Hall of Fame at the annual Oklahoma Military Hall of Fame induction ceremonies, to be held March 25, 2000, at the National Cowboy Hall of Fame in Oklahoma City

## Criteria for Nomination

The Oklahoma Military Hall of Fame honors Oklahomans who have made a significant (i.e., lasting) contribution to the development of U. S. military science (i.e., innovations in doctrine, strategy, tactics, training, etc.); made a significant contribution to the development of U. S. military technology (i.e., innovations in weaponry and other "hardware"); or, served with conspicuous honor and distinction in the armed services of the U. S. (as evidenced by awards, citations, etc.).

Non-Oklahomans whose military service or related contribution(s) have played a significant role in the history of the state are also eligible for induction into the Oklahoma Military Hall of

Fame.

Nominations should be submitted by mail by October 31 to: Okla. Dept., Reserve Officers Assn., ATTN: Oklahoma Military Hall of Fame, 1018 S. Lewis St., Stillwater, OK 74074; by fax to: 405-377-2237; or, by e-mail to: [dougddollar@newforums.com](mailto:dougddollar@newforums.com) or [mike@newforums.com](mailto:mike@newforums.com). Visit the Oklahoma Military Hall of Fame on line at [www.okroa.org/](http://www.okroa.org/)

[Observer%20Page%202.htm](http://Observer%20Page%202.htm).

For more information, contact BG Douglas Dollar, USAR, Okla. Dept., Reserve Officers Association, Past President, 1018 S. Lewis Street, Stillwater, OK 74074, 405-372-6158, e-mail: [dougddollar@newforums.com](mailto:dougddollar@newforums.com), or Michael McMurtrey, Publications Editor, New Forums Press, Inc., 1018 S. Lewis Street, Stillwater, OK 74074, 405-372-6158, e-mail: [mike@newforums.com](mailto:mike@newforums.com).

## First National Bank participates in summer internship program

Carin Marcussen of Shawnee participated in the 1999 Oklahoma Bankers Association (OBA) summer internship program, working at the First National Bank in Shawnee.

Co-sponsored by the OBA, the University of Oklahoma, and Oklahoma State University, the annual intern program is open to seniors of all majors who have one or two semesters left before graduation. The seniors must demonstrate leadership skills and meet a minimum grade point average.

The internships range from 10 to 12 weeks, with the interns working 40 hours per week. The students receive a monthly salary from the bank during the internship.

An OSU student, Marcussen is active in the pre-law fraternity Phi Alpha Delta, the Financial Management Association, the International Business Club and the Rodeo Club. She was named Miss Congeniality in the 1999 Miss Rodeo Oklahoma Competition. Marcussen is double majoring in finance and international business.

Both the students and the participating banks receive substantial benefits from the OBA intern program, said Janis Hutson Reeser, OBA senior vice president for education.

Students are able to earn valuable experience and assistance in determining future career paths, she said, while the banks receive additional manpower help during the summer months when regular employees take vacations.

Last summer, the OBA sponsored 18 interns at 17 state banks.

## Nation earns 8A certification

The Citizen Potawatomi Nation has achieved a most important milestone in landing federal contracts for its owned-and-operated enterprises. The Nation has earned certification for the federal Small Business Administration's 8(a) program.

SBA's 8(a) program helps small disadvantaged businesses compete for federal contracts. Up to now, SBA has acted as "middleman" when federal agencies contracted with 8(a) firms for goods and services. A change announced in 1998 has the federal agencies with contracts available working more directly with 8(a)-certified Companies.

SBA acts as a prime contractor and enters into contracts with other federal departments and agencies. It then negotiates subcontracts with companies in the 8(a) Program.

Generally, contracts with an anticipated award value, including options, of less than \$5,000,000.00 for manufacturing and \$3,000,000.00 for all other types, are awarded on a non-competitive basis. Larger contracts are awarded after competition among eligible 8(a) participants.

Initially, the Citizen Potawatomi Nation will use the 8(a) certification to seek federal contracting opportunities for its Potawatomi Nation Industrial Services. This is a painting-sandblasting firm with the capabilities and knowledge to expand into roadway striping.

"Putting painted stripes on streets and highways is a \$6 billion per year undertaking across the U.S.," said Jeff Craig, Potawatomi Nation Industrial Services manager. "The 8(a) designation will help us break into that market, at the appropriate time."

The purposes of the 8(a) Program are to foster business ownership and the competitive viability of firms owned by individuals who are socially and economically disadvantaged, and to expand their participation in federal procurement of equipment, products, and services.

SBA officials have pledged to improve and strengthen the small business set aside and 8(a) program by revising affiliation rules. The intent is to allow small businesses to compete on larger contracts. This would be accomplished through creating a mentor/protégé program to encourage the formation of mutually beneficial business relationships.

SBA officials say that these relationships should strengthen 8(a)-certified firms as they develop and improve their ability to compete for contracts.

## MULTI-REGIONAL ART COMPETITION'S 1999-2000

### GRAND PRIZE ART COMPETITION

**\$150 First Prize • \$100 Second Prize • \$50 Third Prize**

- All enrolled Citizen Potawatomi Nation Tribal Members are eligible to enter the Multi-Regional Art Competitions.
- Entries must be the work of the artist without assistance and must have been completed within two years of the Art Competition date.
- Eligible artists must submit their art in the region in which they reside. If an artist fails to submit his art in the region in which he resides, he is not eligible to enter any other Multi-Regional Art Competition.
- Each artist is limited to, but not required to submit, three (3) entries.
- Entries must be submitted to the regional director for display at the regional meeting.
- No entry fee or age requirements are placed on the artists. Artists of all ages are encouraged to enter the art competitions.
- Only one prize will be paid to each contestant. A contestant who wins more than one prize will be awarded the higher of the prizes.
- Artists who win first, second, or third prize, at any Multi-Regional Art Competition may advance their winning piece(s) of art to the Grand Prize Art Competition to be held in June.

**Painting \* Photography \* Prints \* Sculpture  
Beadwork \* Jewelry \* Pottery \* Fabric Art**

For more information contact: Dennette Brand-Bare at 1-800-880-9880 or Citizen Potawatomi Nation Art Competition, 1601 S. Gordon Cooper Dr., Shawnee, OK 74801, or by e-mail at [DBrand@Potawatomi.org](mailto:DBrand@Potawatomi.org)



# First National Bank opens new office in Holdenville

Larry Briggs, President and Chief Executive Officer of First National Bank and Trust Company, Shawnee, Oklahoma has announced that the Citizen Potawatomi Nation's bank has opened a deposit and loan production office in Holdenville, Oklahoma.

Mr. Briggs stated, "First National Bank is excited about having an office in Holdenville and thrilled with the opportunity to provide the community with a full array of financial services. We plan to proceed immediately with a branch application to ensure that we can continue to meet all of the banking needs of the community. First National Bank already has many customers from Hughes County; we are looking forward to continuing to service their needs and also expand our services to the entire community."

Willena Waldroup has been named Vice President and Branch Manager of the Holdenville office. Ms. Waldroup has been actively involved in the Holdenville banking community for the past 25 years.

Mr. Briggs said, "It is an honor to welcome Ms. Waldroup to First National Bank's team, and we look forward to her continuing to offer the high quality of service that she has provided the Holdenville community in the past."

Ms. Waldroup currently is serving as secretary of the Holdenville Rotary Club and Vice President and Board Member of the Holdenville Housing Authority. Ms. Waldroup said, "I welcome the opportunity to continue to serve my many loyal customers. It is great to be a part of the First National Bank group as they already have such a positive presence in Hughes County."

Mr. Briggs spent 17 of his 30 years in banking in the Holdenville community as President and Chief Executive Officer of First National Bank. He has served as President of the Oklahoma Bankers Association. He continues to be active in both the Oklahoma Bankers Association and the American Bankers Association.

Mr. Briggs said, "It is really a pleasure to be back in Holdenville with an office. It certainly feels like we have come home. We sincerely look forward to providing the highest quality of customer service to our present and future customers, in addition to a full line of products and services to meet all of their financial needs."



Waldroup

## From Our Mailbox



### Anderson descendants say thank you

#### Letter to the Editor:

Re: A Big Thanks From the Anderson Descendants!

We would like to thank the people responsible for all the hard work that went into the first Potawatomi Festival. We saw how hard they worked to make the grounds ready.

We saw them working in the rain. They seemed to never stop, just because it was raining.

As far as the Anderson descendants are concerned, the Festival was great. The employees in the administration were of great help; they were ready to help in any way they could. We thank all of you.

There were 34 descendants of Charles David Anderson (grandfather/great-grandfather) and Herman Edward Anderson, Sr. (son/father/grandfather/great-grandfather) present.

Thanks again.

Christine (Anderson) Carlisle and  
Edith Anderson

### Scholarship recipient adds his thanks

#### Dear Scholarship Committee:

Thank you once again for the help you give to college students. I appreciate the scholarship so much. I think it's very exciting the number of scholarships that are given to tribal members.

Thank you again,

Nicholas Upton  
Seminole, Oklahoma

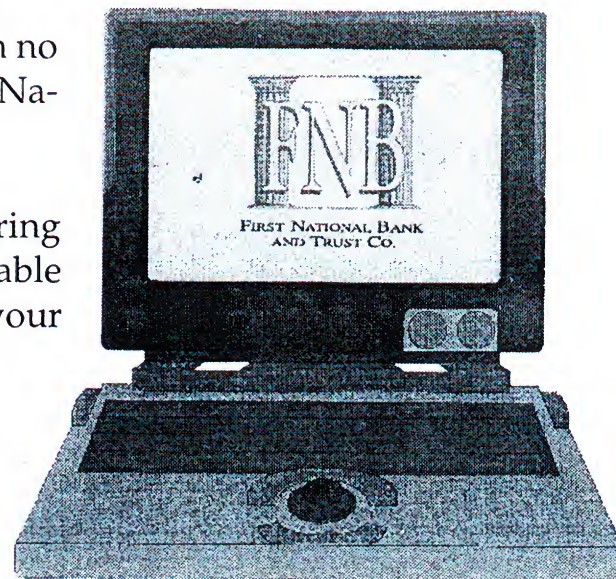
*We'd love to hear from you! Mail your letters to Citizen Potawatomi Nation, 1601 Gordon Cooper Dr., Shawnee, OK 74873 or e-mail [mdodson@potawatomi.org](mailto:mdodson@potawatomi.org)*

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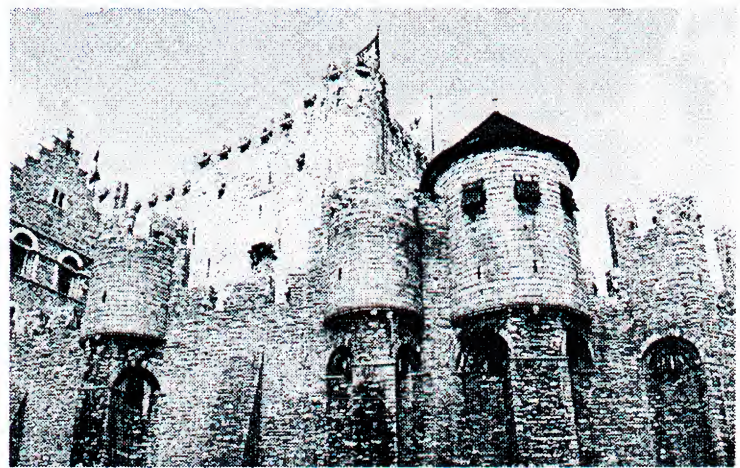
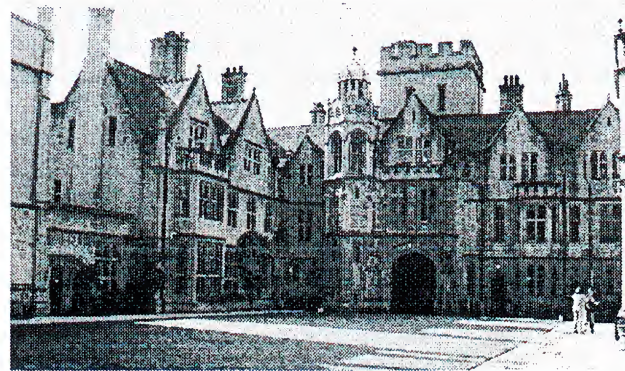
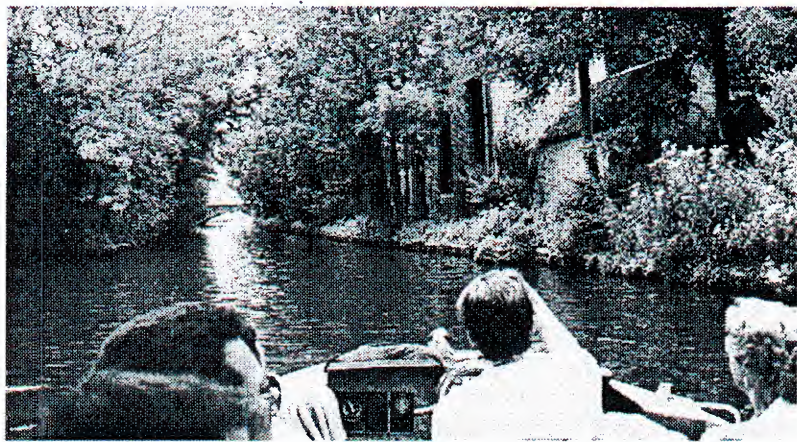
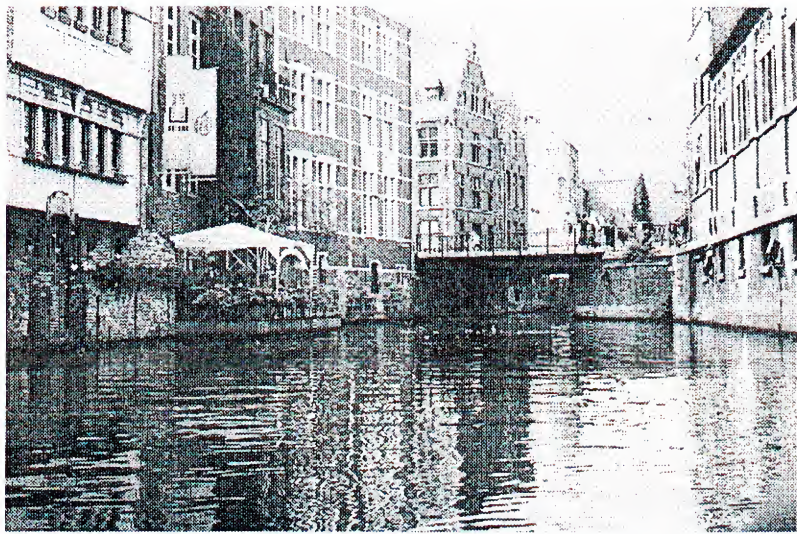
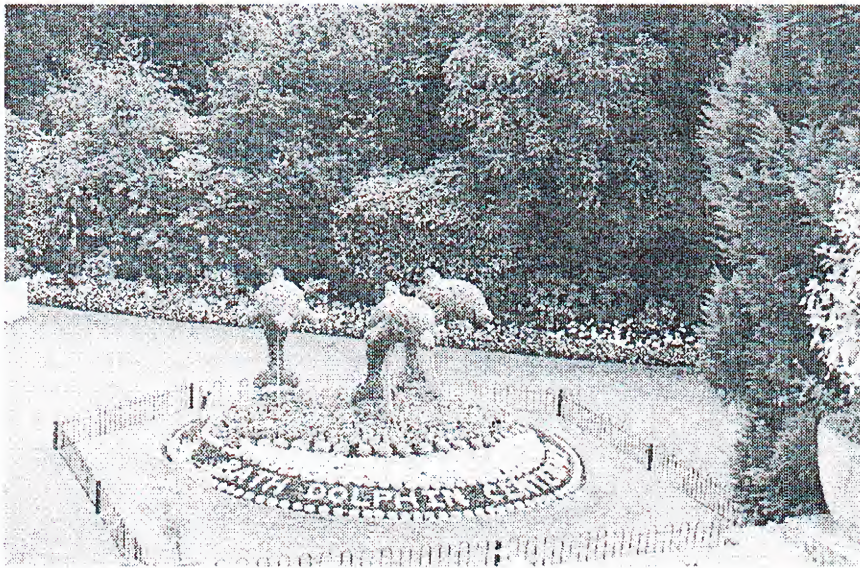
Member  
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# A POTAWATOMI LOOK AT EUROPE

Jessica Lantagne, a Citizen Potawatomi tribal member and Oklahoma University honor student, participated in the O.U. Honors Program's Oxford University Summer Session in England this past summer. While there, Ms.

Lantagne toured several cities in England and on the European continent. Ms. Lantagne shared some of the photos she shot with the HowNiKan. From top to bottom in the left column, these are photos of: the Botanical gardens in Bath, England; a canal in Ghent, Belgium; a very scenic waterway in Brugge, Belgium; and, buildings from the Oxford College campus. Top to bottom in the right column, Ms. Lantagne shares these scenes: the famous Piccadilly Circus in London; Brasenose College at Oxford, where she lived and studied; the "Castle of the Counts" in Ghent, Belgium; and, an amazingly ornate building in Brussels, Belgium.







# HEALTH MATTERS

CITIZEN POTAWATOMI NATION HEALTH CLINIC

## Clinic doctors worked together at university center

Continued From Page 1

cal Medicine'.

"We primarily focused on physician-patient communications and the patient-physician relationship," Dr. Smith said. "It's an incredible responsibility, as well as a privilege, for someone to come to a doctor and say, 'I need your help, and I need not only your scientific expertise but also the ability to trust you and your listening ability, to hear that this is *my story*.'"

While at the College of Medicine, Dr. Smith was promoted to Assistant Professor and was awarded the 1997 Stanton L. Young Master Teacher Award, the College's highest award in medical education. But, soon after this, Dr. Smith was ready for new challenges.

Initially, Dr. Smith was attracted to the CPN Clinic by the tremendous satisfaction he observed that Dr. Cobb had found serving patients here. The two were colleagues at the University, where Dr. Smith

served as Dr. Cobb's mentor. He had followed Dr. Cobb's experiences at the Citizen Potawatomi Nation Clinic.

During a May 1999 visit to the Clinic, Dr. Smith became convinced that he should make a career change. "I was very impressed by the enthusiasm for excellence that this clinic exudes — their desire to be progressive and do the very best job possible for their patients," he said. "The opportunity to practice with Dr. Cobb was also appealing."

"Building a relationship with patients, communicating to patients that you take their story seriously and will use your scientific knowledge and apply it to their life experience requires a certain value system," according to Dr. Smith. "It certainly requires a set of skills that, I believe, can be explicitly taught, explicitly learned."

Drs. Smith and Cobb were colleagues at the University of Oklahoma Health Sciences Center. Dr. Cobb credits Dr. Smith with being his mentor during Cobb's resi-

dency at the Health Sciences Center.

While Dr. Smith agrees with Dr. Cobb's assessment that Cobb's satisfaction level was interesting, he says other factors were involved in his decision to apply for and accept the Potawatomi Nation Clinic position. "I was really attracted to the opportunity to practice in a smaller setting. The University is great, but it's large and I had been there a long time," Smith said. "So, for personal reasons, I needed a change of scenery."

The opportunity to practice with Dr. Cobb was also attractive. "Dr. Cobb was offering me an opportunity to practice with someone I trust very much," Smith added. "I know how Steve practices medicine; I trust his judgment. The opportunity to work with him was very appealing."

Dr. Smith joins the Potawatomi Nation Clinic as its staff eagerly anticipates moving into more appropriate quarters. Two

new clinic wings, currently under construction, will triple available space from 8,000 square feet to 23,000 square feet. This will house medical services, including a laboratory, x-ray facility, and pharmacy, as well as Dental, Optometric, and Behavioral Health Services.

Dr. Cobb sees this as critical to meeting patient needs. "Currently, it is difficult to see patients efficiently with our space limitations," Dr. Smith agrees. "We do have significant constraints on patient flow now," he said.

Dr. Smith joins Dr. Cobb and Elizabeth Myers-Bartos, ARNP — a nurse practitioner — as the clinic's third medical provider.

Away from work, Dr. Smith enjoys hunting, fly-fishing, and spending time with his family. Dr. Smith and his wife Helen have been married for more than 14 years. They have two beautiful daughters, five and nine years old.

## Wellness Center will include physical therapy, exercise area

Continued from page 1

clinic in south Shawnee.

"The Wellness Center will reduce health problems through a variety of preventive treatment and therapy modes that will promote physical fitness and healthy living," said John 'Rocky' Barrett, Citizen Potawatomi Nation Chairman.

Wellness services are defined as physical activity that includes, but is not limited to, walking activities, aerobic and isometric exercises, hydrotherapy exercises, physical therapy, and cardiovascular rehabilitation and exercises that help reduce the risk of disease. Wellness is a means by which people learn to take charge of their own lifestyles and acquire behaviors that will enhance their productivity and quality of life.

In 1996, the U.S. Surgeon General issued a report to the American people — **Physical Fitness and Health: A Report of the Surgeon General**. The report is a call to action. Based on a two-year review of all that is known about exercise and longevity, the report states that a sedentary lifestyle is unhealthy and that exercise will reduce disease and early death. It also states that, nationally, only 22% of people meet at least the minimum exercise guidelines of 30 minutes of moderate activity most days of the week, that 24% are sedentary, and that 54% exercise sporadically.

The report estimates about 300,000 Americans die prematurely each year because of lack of physical activity and poor diet, second only to smoking, which kills about 400,000 annually.

"The current expansion project, which

will triple the size of our clinic, is evidence of the Potawatomi Nation's commitment to treating Indian people's health problems," said Linda Capps, CPN Vice Chairman. "With the Wellness Center, we will go beyond that into helping them avoid becoming ill."

"The Wellness Center will work in tandem with the Health Clinic, with their missions complementing each other," Chairman Barrett said. "The Wellness Center will concentrate on preventive efforts that occur before the onset of disease, as well as treatment of existing conditions. The Health Center will also deliver primary health care services on referral from clinic physicians."

Having such a continuum of care will allow the Citizen Potawatomi Nation to be proactive in developing health plans that meet the specific needs of individuals, rather than applying a cookie-cutter approach to Wellness and health care.

The Wellness Center is planned as a 15,000 square foot building designed to reduce the incidence of diseases that physical activity and therapy can alleviate. The Wellness Center will house a cardiovascular training equipment unit, physical therapy space, water exercise area and men's and women's lockers and showers with space for dressing and towel storage. The plans call for an entrance lobby, a control desk, and a small pro-shop/health bar.

The Wellness Center, which is one component of the comprehensive approach to total wellness, is the second step in the Potawatomi Nation's long-range plan to thoroughly fulfill its vision of health. In

order to realize this vision, the Nation must have the requisite facilities.

The long-range health facilities plan consists of three major components: 1) the

Citizen Potawatomi Nation Health Clinic (currently being expanded); 2) the Wellness Center; and, 3) a future Aquatics and Fitness Center addition.

## CPN medical director earns medical teaching award

(Kansas City, MO) — Stephen W. Cobb, M.D., the medical director at the Citizen Potawatomi Nation Clinic in Shawnee, has earned an American Academy of Family Physicians (AAFP) Foundation award.

The Parke-Davis Teacher Development Award promotes interest in the part-time teaching of family medicine after residency. The award also provides funding for each recipient to attend the American Academy of Family Physicians' Annual Scientific Assembly, the AAFP's largest meeting for continuing education.

Dr. Cobb was recognized during the AAFP Fellowship Convocation on September 17, 1999 in Orlando, Florida. He was chosen from a field of 33 candidates on the basis of scholastic achievement, leadership qualities, and commitment to part-time teaching of family medicine.

Dr. Cobb received his M.D. Degree from the University of Minnesota in 1994. He is a graduate of the University of Oklahoma Family Practice Residency Program, where he is currently teaching family medicine part-time. In addition to his professional commitments, Dr. Cobb is very active in community volunteer activities.

The AAFP Foundation, which administers the Parke-Davis Development Award, is the philanthropic arm of the American Academy of Family Physicians. The Academy is an 88,000-member national medical specialty association of family physicians, practice residents, and medical students dedicated to care for the whole family.

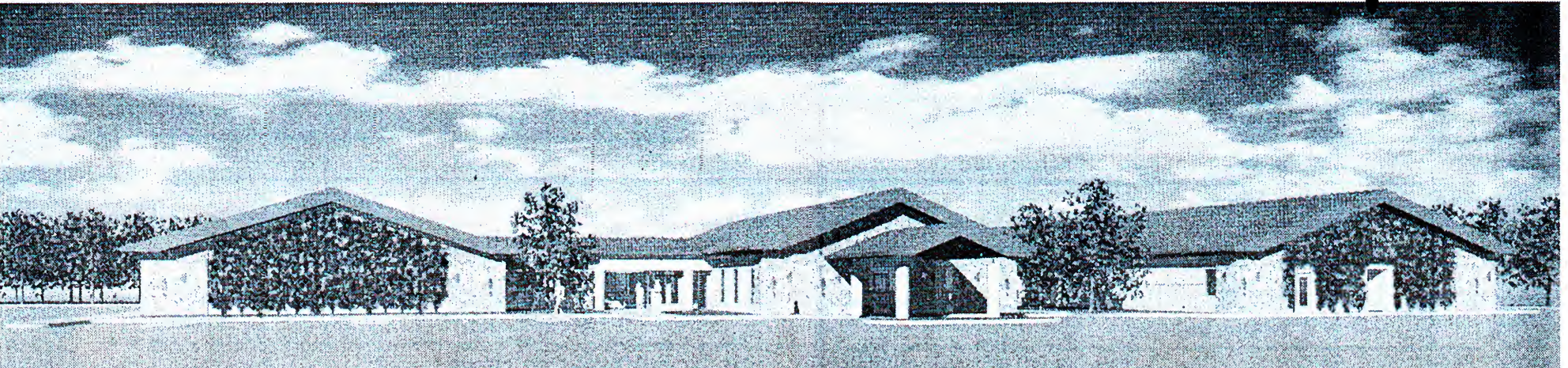
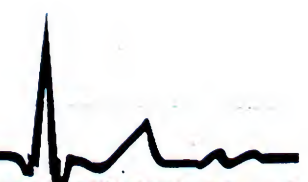
The AAFP Foundation supports a variety of projects which benefit health care, including research grants, professional review of patient-education materials, and financial assistance for family practice residents who are committed to careers in areas of high need.





# HEALTH MATTERS

## CITIZEN POTAWATOMI NATION HEALTH CLINIC



Citizen Potawatomi Nation  
**MEDICAL COMPLEX**

Wyatt/Rhodes inc. + Holleymanassociates

## Breast Cancer: What You Need To Know

Breast cancer is one of the most common forms of cancer, affecting 1 in 8 American women over a lifetime. During the decade of the 1990's, an estimated 1.5 million American women will be diagnosed with breast cancer and 500,000 will die of it. The disease not only has profound health consequences for women but also affects their families.

### WHAT IS BREAST CANCER?

Breast cancer growth occurs when breast cells become abnormal and divide without control or order. The specific events that trigger the transformation of a normal cell to a cancerous cell seems to involve a complex interplay of genetic and environmental factors.

Breast cancer cells develop the ability to metastasize and break off from the primary tumor and travel through the blood stream or lymph system, spreading to other places in the body. Today, about half of the women diagnosed with breast cancer die of metastatic disease. **Early detection of cancer is vital to survival.**

### WHO IS AT RISK

Just being a woman puts you in the highest risk category. The risk of breast cancer increases as a woman gets older. All women age 40 and older are at risk. However, most breast cancers occur in women over the age of 50, and the risk is especially high for women over age 60.

Research has shown that the following conditions place women at increased risk for breast cancer:

- Family history of the disease
- Early onset of menstruation and /or late menopause
- Never having had a child, or first full-term pregnancy after the age of 30
- History of cancer or atypical changes on a breast biopsy

- Exposure to high levels of radiation, particularly during puberty
- Alcohol consumption

The risk factors account for only about 40 percent of breast cancer cases. As many as 60 percent of breast cancers occur in women with no known risk factor except advancing age.

### EARLY DETECTION

When breast cancer is found and treated early, the chances for survival are better. Women can take an active part in the early detection of breast cancer by having regular screening mammograms and clinical breast exams (breast exams performed by health professionals). All women should perform breast self-exams monthly.

A mammogram is a special kind of x-ray. It is different from a chest x-ray or x-rays of other parts of the body. Screening mammograms are used to look for breast changes in women who have no signs of breast cancer.

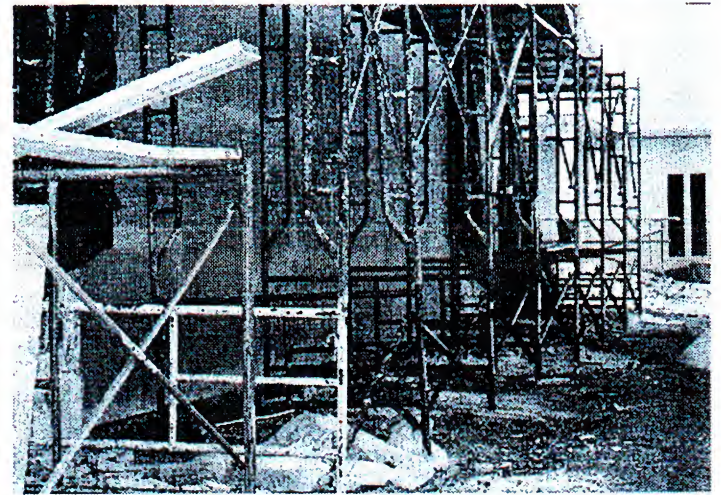
Mammograms can often detect breast cancer before it can be felt. In addition, a mammogram can show small deposits of calcium in the breast. Although most calcium deposits are benign, a cluster of microcalcifications may be an early sign of cancer.

Regularly scheduled mammograms, together with clinical breast exams, offer the best chance of finding and treating breast cancer early. Studies show that mammograms reduce the risk of dying from breast cancer. The National Cancer Institute recommends that women in their forties and older have mammograms on a regular basis, every 1 to 2 years.

All women should perform monthly breast self-exams (BSE) to check for any changes in their breasts. When doing BSE, it is important to remember that each

## Construction Continues

Work on the Citizen Potawatomi Nation Health Clinic is moving ahead rapidly, as the photo at right shows. Above is the architect's rendering of the completed clinic.



woman's breasts are different, and that changes can occur because of aging, the menstrual cycle, pregnancy, menopause, or taking birth control pills or other hormones. Remember that, for women in their forties and older, a monthly BSE is not a substitute for regularly scheduled screening mammograms and clinical breast exams by a health professional.

### SURVIVING BREAST CANCER

Survival depends on the stage of breast

cancer at diagnosis. The five-year relative survival rate for all women diagnosed with breast cancer is 83%. Survival is much better if the disease has not spread, and prognosis is poorer if the disease has spread by the time it is diagnosed. This is why early detection is so important.

For more information call the Cancer Information Service at 1-800-4-CANCER or the American Cancer Society at 1-800-ACS-2345.

## CPN Health Complex to host breast self-exam class Oct. 11

On Monday, October 11, 1999, the Citizen Potawatomi Nation Health Complex will host a class on Breast Self-Examination (BSE) at 7:00 p.m.

Breast self-exams (BSE) should be performed on a monthly basis. All women should check their breasts for lumps, thickening, or other breast changes. By examining your breasts regularly, you will know how your breasts normally feel. If a change should occur, you will be able to identify it and let your doctor know.

The BSE class will instruct women on when to do BSE and the proper techniques when performing BSE. The certified instructor for the class will be Sharon McKiddy. Ms. McKiddy is a Registered Radiologist Technologist and Mammographer at the Citizen Potawatomi Nation Health Complex.

Women of all ages are encouraged to attend for this life-saving class. For more information, please call 273-5236, ext. 15.



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